

PREP GUIDE

Meal #1

- Cut vegetables:
 - 2 medium yellow onions + ¼ medium yellow onion, thinly sliced
 - 4 cups cabbage, about half of a small head of green cabbage, thinly sliced or shredded (shred remaining cabbage for Meal #3)
* before cutting cabbage pull off the whole leaves and reserve for recipe #5

Meal #2

- 1 cup whole wheat bread crumbs * recipe below

Meal #3

- 2-1/2 cups BBQ beans * see Meal #1
- Cut vegetables:
 - 1 cup shredded cabbage
 - 6 medium carrots, peeled and cut into ¼" coins

Meal #4

- Cut vegetables:
 - 1 medium yellow onion, cut into small dice
 - 4 carrots, peeled and cut into ¼ inch coins
 - 4 celery stalks, cut into ¼ inch slices
 - 2 medium green Italian zucchini, cut into medium dice

Meal #5

- 2 cups cooked brown rice * recipe below
- Cut vegetables:
 - Half of a large head of green cabbage, cored and leaves removed in large pieces, about 8-10 leaves
 - ½ medium yellow onion, cut into small dice
 - 4 ounces brown Italian mushrooms finely chopped

Breadcrumbs

1 whole wheat hamburger bun or 2 slices of bread

Toast bread until crispy. Process in blender until sandy in texture. Can be made ahead and stored in an airtight container for up to a week. Makes 1 cup.

Brown rice

1 cup brown rice (to yield 2 cups)
2 cups water or broth
1/2 teaspoon kosher salt (only if using water)

Pour all ingredients into a medium stockpot. Bring to boil, cover, and reduce heat to simmer for 25 - 35 minutes until liquid has absorbed. Remove lid and steam for an additional 5 minutes. Makes 2 cups.

MENU

MONDAY ①

BBQ BEAN POT
Colcannon

TUESDAY ②

CRUNCHY VEGGIE STICKS
Parmesan potato pea puree

WEDNESDAY ③

BBQ BEAN TOSTADAS
Buttered carrots

THURSDAY ④

QUINOA VEGETABLE SOUP
Fresh 20 Biscuits

FRIDAY ⑤

VEGETARIAN CABBAGE ROLLS
with tomato sauce



Vegetarian February 8th

Shopping List

(1) BBQ Bean Pot (2) Crunchy Veggie Sticks (3) BBQ Bean Tostadas (4) Quinoa Vegetable Soup (5) Vegetarian Cabbage Rolls

Recipe #	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4,5	yellow onion	4		3
1,2	Yukon gold potatoes	1 lb + 1 large	1 pound+1 large (4oz) potato	3
1,3,5	green cabbage	1 head		2
1,2	frozen organic peas	3 cups		3
2	flat leaf parsley	1 bunch		1.5
2,4	lemon	2		1
2,3,4	carrots	18		4
4	celery	4 stalks		2
5	mushrooms	4 ounces		2.5
2,4	zucchini	4		4

Recipe #	Dairy	Quantity	Notes	Est Cost
1,4	nonfat or 1% organic milk	1 cup		1
1,3,4	organic unsalted butter	10 Tablespoons	1 stick + 2 Tablespoons	1.5
2	parmesan cheese	1/2 cup		2

Recipe #	Bakery/Misc	Quantity	Notes	Est Cost
1	unsulfured molasses	1/4 cup		4
2	whole wheat hamurger buns	1 bun	or 2 slices ww bread	1
4	baking powder	2 Tablespoons		1
5	organic crushed tomatoes	1 can	14.5 ounces, no salt added	2
3	6" corn tortillas	4		2
4	quinoa	1 cup		2
1,3	black beans	3 cans	14.5 oz each	6

Fresh 20 Grocery Est 48.5
 Cost Per Dinner 9.7
 Cost Per Serving 2.425

PANTRY STAPLES	Pantry Essentials	Quantity	Pantry Essentials	Quantity
	olive oil	10 Tablespoons	dried oregano	1 teaspoon
	grapeseed oil	1 Tablespoon	herbes de provence	1 Tablespoon
	balsamic vinegar	3 Tablespoons	ground cumin	1-1/2 teaspoons
	white wine vinegar	2 teaspoons	raw honey or 100% maple syrup	3 Tablespoons
	Vegetable broth: low sodium	6-1/4 cups	organic tomato paste	6 ounces
	garlic	9 cloves	Dijon mustard or brown mustard	
	kosher salt	5-1/4 teaspoons	soy sauce or Braggs liquid amino acid	
	black pepper	1-3/4 teaspoons	whole wheat elbow macaroni	
	cayenne pepper	pinch	long grain brown rice	1 cup
	paprika	1-1/2 teaspoons	*white* whole wheat flour	2 cups + 2 Tblspn

Find PANTRY DRESSINGS at www.thefresh20.com/pantrydressings

Colcannon is a traditional Irish dish made of mashed potatoes with cabbage, butter and cream or milk. There are many regional variations that include adding scallions, leeks or chives - or in our version: peas.

MADE AHEAD

- Cut vegetables: onions, cabbage

DIRECTIONS

For BBQ bean pot

1. Make BBQ sauce by whisking together tomato paste, cumin, paprika, garlic, molasses, honey, vinegar, salt & pepper, cayenne, and water or broth – set aside.
2. Heat a large Dutch oven or heavy bottomed pot over medium/high heat and add in grapeseed oil. Once the oil is hot add in the onions and pour in the barbeque sauce. Stir to combine then cover with a lid and reduce heat to low. Bring sauce to a low simmer - you are looking for the liquid in the pot to gently bubble, not a roiling boil.
3. When the sauce reaches a simmer add in the beans and cook on low heat until heated through. Taste first before adding in any additional salt and pepper. Remove half of the beans with sauce and store for Meal #3.

For colcannon

1. In a small saucepot cover unpeeled, cut potatoes with cold water just to cover the tops of the potatoes. Add a pinch of salt and bring to a simmer. Cook for 10-12 minutes or until the potatoes are very fork tender. Drain and return to pot.
2. While potatoes are cooking, heat a large, nonstick sauté pan over medium heat and add in the olive oil. Once the oil is hot, add in the onion and cabbage, toss to combine, and cook over medium heat for about 2 – 3 minutes. Once the cabbage begins to wilt down add in the vinegar, maple syrup, Herbes, salt and pepper. Cook for an additional 2 minutes and then turn off the heat, mix in the frozen peas, and set aside.
3. With a fork, begin to mash the cooked potatoes until creamy. Add in milk and butter and mash potatoes a bit more until the butter and milk are combined. Fold in warm cabbage and peas. Serve warm.

INGREDIENTS

For BBQ bean pot

1 - 6 ounce can organic, no salt added tomato paste
 ½ Tablespoon ground cumin
 1 teaspoon paprika
 4 garlic cloves, minced or pressed
 ¼ cup unsulfured molasses
 2 Tablespoons honey
 2 Tablespoons balsamic vinegar
 ¾ teaspoon kosher salt
 ½ teaspoon black pepper
 Pinch of cayenne pepper
 1 ½ cups water or low sodium vegetable broth
 1 Tablespoon grapeseed oil
 2 medium yellow onions, cut into thin slices
 3- 14 oz cans of black beans, drained and rinsed
 Kosher salt & black pepper (if needed)

For colcannon

1 pound Yukon gold potatoes, cut into large cubes
 Kosher salt
 1 teaspoon olive oil
 ¼ medium yellow onion, thinly sliced
 4 cups cabbage, about half of a small head of green cabbage, thinly sliced or shredded
 2 teaspoons white wine vinegar
 1 Tablespoon maple syrup
 ½ teaspoon Herbes de Provence
 ½ teaspoon kosher salt
 Pinch of black pepper
 1 cup frozen organic peas
 ¼ cup organic, nonfat or 1% milk
 1 Tablespoon organic butter



(2) CRUNCHY VEGGIE STICKS

Parmesan potato pea puree

MADE AHEAD

- 1 cup whole wheat breadcrumbs * *see prep guide*

DIRECTIONS

For crunchy veggie sticks

1. Preheat oven to 425 degrees and adjust the oven rack to the top third.
2. Line a baking sheet with foil and lay out the carrot and zucchini sticks. Season both sides with 1 teaspoon of kosher salt – set aside.
3. On a large plate, stir to combine bread crumbs, flour, parsley, lemon zest, olive oil, paprika, and salt & pepper.
4. Press each vegetable stick down lightly into the bread crumb mixture so that the crumbs will stick - set back onto baking sheet.
5. Place the baking dish into the oven and bake for 10 minutes. Drizzle fresh lemon juice over the veggie sticks before serving.

For parmesan potato pea puree

1. In the bowl of a food processor, combine the broth, parsley, warm peas, warm potato, parmesan cheese, garlic, lemon juice, Herbes and salt & pepper - pulse until combined.
2. Turn processor on to a steady speed and drizzle in olive oil until smooth, about 2-3 minutes.
3. Place the pea puree into a small sauce pot and warm on the stovetop.
4. Serve slightly warmed or at room temperature.

INGREDIENTS

For crunchy veggie sticks

8 medium carrots, peeled and cut lengthwise into four pieces each
2 medium zucchini, ends trimmed and cut lengthwise into four pieces each

Kosher salt

1 cup whole wheat bread crumbs *
see prep guide

2 Tablespoons white whole wheat flour

¼ cup or ¼ bunch fresh, flat leaf Italian parsley, thick stems removed, finely chopped

1 lemon, zested and juiced (save juice to drizzle over cooked vegetables)

2 Tablespoons olive oil

½ teaspoon paprika

½ teaspoon kosher salt

Pinch of black pepper

For parmesan potato pea puree

¼ cup low sodium vegetable broth

¼ cup fresh flat leaf Italian parsley

2 cups frozen green peas, defrosted and warmed

1 - 4 ounce Yukon gold potato, peeled and steamed tender in the microwave, cut into cubes

½ cup loosely packed parmesan cheese, 2 oz

1 garlic clove, peeled

½ lemon, juiced

½ teaspoon Herbes de Provence

½ teaspoon kosher salt

½ teaspoon black pepper

¼ cup olive oil



(3) BBQ BEAN TOSTADAS

buttered carrots

MADE AHEAD

- 2-1/2 cups BBQ beans with sauce * see Meal #1
- Cut vegetables: cabbage, carrots

DIRECTIONS

For BBQ bean tostadas

1. In a small pot, warm beans over low heat with sauce and a bit of water, if needed, to loosen the sauce. Toast the tortillas in the oven for 6-8 minutes until crispy.
2. Cover tostada shell with cabbage (or any leftover arugula from last week).
3. Top with about a ½ cup of beans.
4. Optional: *If you have any leftover cheese, a sprinkle of cheese would taste great too.*

For buttered carrots

In a small saucepot, cover carrots with ½ cup of water and bring to a simmer over low heat. Cover and steam carrots until tender. Drain and toss with olive oil/butter and salt & pepper.

INGREDIENTS

For BBQ bean tostadas

2-½ cups BBQ beans in sauce *
reserved from Meal #1
4 - 6" corn tortillas
1 cup shredded cabbage

For buttered carrots

6 medium carrots, peeled and cut
into ¼" coins
1 Tablespoon butter (may sub olive
oil for vegan)
¼ teaspoon kosher salt
Pinch of black pepper



(4) QUINOA VEGETABLE SOUP

Fresh 20 whole wheat Biscuits

MADE AHEAD

- Cut vegetables: onion, carrots, celery, zucchini

DIRECTIONS

For soup

1. Heat a soup pot over medium heat. Once hot add in oil, onion, carrots, and celery. Sprinkle with kosher salt and sweat the vegetables until the onions become soft and translucent, about 2-3 minutes.
2. Stir in garlic and Herbes and cook until fragrant, about 30 seconds.
3. Add broth, water and quinoa; season with salt and pepper and stir to combine. Reduce heat to a low simmer and cook for 15-20 minutes or until the quinoa is soft and tender. Add in the zucchini 5 minutes before serving.

Meanwhile

For Fresh 20 whole wheat biscuits

1. Preheat oven to 450 degrees.
2. In a small bowl combine milk and lemon juice - set aside for five minutes.
3. In a medium bowl combine the flour, baking powder, and salt.
4. With a fork or pastry cutter (or fingers) cut butter into flour until it is evenly distributed and resembles small peas. With a large spoon, stir in milk until just combined. Do not over mix; there will still be flour at the bottom of your bowl.
5. Flour a cutting board and turn the dough out onto board. Press down to flatten out to an even 3/4 inch thick.
6. Use a drinking glass or biscuit cutter to cut out biscuits. Gently gather remaining dough and press out one more time to cut the last biscuits. Discard any remaining dough after this step.
7. Place biscuits on a baking sheet and brush tops with milk.
8. Bake 10 to 12 minutes, until golden. Serve warm.

INGREDIENTS

For soup

1 Tablespoon olive oil
1 medium yellow onion, cut into small dice
4 carrots, peeled and cut into ¼ inch coins
4 celery stalks, cut into ¼ inch slices
Kosher salt
1 garlic clove, minced or pressed
2 teaspoons of Herbes de Provence (or Italian seasoning)
6 cups low sodium vegetable broth
2 cups water
1 cup uncooked quinoa
1 teaspoon kosher salt
¼ teaspoon black pepper
2 medium green Italian zucchini, cut into medium dice

For Fresh 20 whole wheat biscuits

¾ cup organic milk + a little extra to brush biscuit tops
½ lemon, juiced to yield 1 Tablespoon of juice
2 cups white whole wheat flour (plus little extra for cutting board)
2 Tablespoons baking powder
1 teaspoon kosher salt
1/2 cup organic unsalted butter, cold and cut into small pieces



(5) VEGETARIAN CABBAGE ROLLS

with tomato sauce

If you are tempted to skip this recipe, I strongly encourage you not to. The wonderful flavor of this vegetarian dish will not disappoint you. Don't worry if your rolls aren't perfect - it will all be fine in the end. If you have any leftover filling just scoop it on the top before you add the tomatoes.

MADE AHEAD

- 2 cups cooked brown rice * see prep guide
- Cut vegetables: cabbage, onion, mushrooms

DIRECTIONS

For vegetarian cabbage rolls

1. Preheat the oven to 425 degrees.
2. Remove 8 - 10 leaves from cabbage head. Cut off the raised part of the center vein of each cabbage leaf, but do not cut out the whole vein. Place the cabbage leaves in a microwave safe bowl with 2 Tablespoons of water and microwave on high for 5 minutes to steam; cool slightly.
3. Heat a large, nonstick sauté pan over medium heat and add oil. Once the oil is warm add the onion, mushroom, garlic, and rice. Season with oregano and salt & pepper and stir to combine. Cook for 5-6 minutes and cool slightly.
4. Place cabbage leaves on a flat surface and spoon about 1/3 cup of vegetable mixture into center of each cabbage leaf lengthwise. Fold the edges of the leaves over the mixture and roll up like a burrito. Place the cabbage rolls into a lightly oiled 9x13 inch casserole dish.
5. In a small bowl, stir to combine the tomatoes, vinegar, olive oil, garlic, and salt & pepper. Pour over the top of the cabbage rolls.
6. Cover and bake in the preheated oven for 20 minutes.
7. Garnish with parmesan cheese (optional) and serve warm.

INGREDIENTS

For vegetarian cabbage rolls

½ large head green cabbage, cored and leaves removed in large pieces, about 8-10 leaves (rest of cabbage is used in Meals #1 and #3)
1 Tablespoon olive oil
½ medium yellow onion, cut into small dice
4 ounces brown Italian mushrooms, finely chopped
2 garlic cloves, minced or pressed
2 cups cooked brown rice * see prep guide
1 teaspoon oregano
½ teaspoon kosher salt
¼ teaspoon black pepper

For tomato sauce

1 - 14.5-ounce can crushed, organic, no-salt-added tomatoes with juice
1 Tablespoon balsamic vinegar
1 Tablespoon olive oil
1 garlic clove, minced or pressed
¼ teaspoon kosher salt
Pinch of black pepper

**Optional, garnish with freshly grated parmesan cheese*



Nutrition Information

BBQ bean pot		Serves: 4	
Serving Size: 3/4 cup			
Calories	226 kcal	Fat	3 g
Protein	8.9 g	Saturated	0 g
Carbohydrate	40 g	Sugar	15 g
Sodium	495 mg	Calcium	8.9 %DV
Fiber	8.6 g	Iron	19 %DV
Cholesterol	0 mg		

Colcannon		Serves: 4	
Serving Size: 1 cup			
Calories	243 kcal	Fat	4.4 g
Protein	5.8 g	Saturated	2.1 g
Carbohydrate	47.6 g	Sugar	18 g
Sodium	310 mg	Calcium	12 %DV
Fiber	6.2 g	Iron	14 %DV
Cholesterol	8 mg		

Crunchy veggie sticks		Serves: 4	
Serving Size: 1 3/4 cup			
Calories	226 kcal	Fat	9.2 g
Protein	6.1 g	Saturated	1.4 g
Carbohydrate	35.5 g	Sugar	13 g
Sodium	509 mg	Calcium	11 %DV
Fiber	9 g	Iron	12 %DV
Cholesterol	0 mg		

Parmesan potato pea puree		Serves: 4	
Serving Size: 1/2 cup			
Calories	242 kcal	Fat	18 g
Protein	8.4 g	Saturated	4.4 g
Carbohydrate	13 g	Sugar	0.8 g
Sodium	474 mg	Calcium	20 %DV
Fiber	3 g	Iron	11 %DV
Cholesterol	13 mg		

BBQ bean tostadas		Serves: 4	
Serving Size: 1 bean tostada			
Calories	282 kcal	Fat	3.7 g
Protein	10.4 g	Saturated	0 g
Carbohydrate	51.5 g	Sugar	16 g
Sodium	509 mg	Calcium	12 %DV
Fiber	10.5 g	Iron	21 %DV
Cholesterol	0 mg		

Buttered carrots		Serves: 4			
Serving Size: 3/4 cup					
Calories	70	kcal	Fat	3.1	g
Protein	1	g	Saturated	1.9	g
Carbohydrate	10.4	g	Sugar	5.1	g
Sodium	223	mg	Calcium	3.6	%DV
Fiber	3	g	Iron	1.8	%DV
Cholesterol	8	mg			

Quinoa vegetable soup		Serves: 4			
Serving Size: 1 1/2 cup					
Calories	274	kcal	Fat	6.7	g
Protein	12.2	g	Saturated	1	g
Carbohydrate	42.5	g	Sugar	9	g
Sodium	683	mg	Calcium	11	%DV
Fiber	7.6	g	Iron	18	%DV
Cholesterol	0	mg			

Fresh 20 whole wheat biscuits		Serves: 10			
Serving Size: 1 biscuit					
Calories	173	kcal	Fat	10	g
Protein	3.9	g	Saturated	6.1	g
Carbohydrate	19	g	Sugar	1.1	g
Sodium	424	mg	Calcium	24	%DV
Fiber	2.6	g	Iron	6.6	%DV
Cholesterol	25	mg			

Vegetarian cabbage rolls with tomato sauce		Serves: 4			
Serving Size: Approx 2.5 rolls + 1/4 cup tomato sauce					
Calories	298	kcal	Fat	8.2	g
Protein	8.2	g	Saturated	1.2	g
Carbohydrate	49	g	Sugar	7.2	g
Sodium	470	mg	Calcium	7.4	%DV
Fiber	6.3	g	Iron	9.9	%DV
Cholesterol	0	mg			